



The **Choice**
is yours!

You should talk to someone about **Choices** if you:

- Want to know more about the services, care, and support options available to you.
- Are interested in living more independently than you are now.
- Need help deciding what living alternative is best for you.
- Have questions about the level of care you need and how your needs can be met
- Need more information about funding and options available to you.

Participation in the **Choices** program is voluntary, and final decisions about care and living alternatives are completely up to you.

To explore service, care, and living options available to your Area Agency on Aging.

When a **Choices** coordinator answers, simply say “I want to know more about the **Choices** that are available to me”.

Nebraska Area Agencies on Aging

Aging Office of Western Nebraska

Bluffs Business Center
1517 Broadway, Suite 112, Scottsbluff, NE 69361
(308) 635-0851 or 1-800-682-5140
Victor Walker, Director

Blue Rivers Area Agency on Aging

Gage County Courthouse, 1901 Court St.
Beatrice, NE 68310
(402) 223-1376 or 1-888-317-9417
Larry Ossowski, Director

Eastern Nebraska Office on Aging

4223 Center St, Omaha, NE 68105
(402) 444-6444
Dennis Loose, Director

Aging Partners

1005 “O” St., Lincoln, NE 68508
(402) 441-7070
June Pederson, Director

Midland Area Agency on Aging

305 North Hastings, Room 202
Hastings, NE 68902
(402) 463-4565
Dianne Fowler, Director

Northeast Nebraska Area Agency on Aging

119 Norfolk Ave., Norfolk, NE 68701
(402) 370-3454 or 1-800-672-8368
Connie Cooper, Director

South Central Nebraska Area Agency on Aging

Suttle Plaza, 4623 2nd Ave., Suite 4
Kearney, NE 68847
(308) 234-1851 or 1-800-658-4320
Rod Horsley, Director

West Central Nebraska Area Agency on Aging

115 N. Vine St., North Platte, NE 69101
(308) 535-8195 or 1-800-662-2961
Linda Foreman, Director



Choices
life on
your
own terms

Not where to live,
but how to live.

Information about long-term care,
support, and living options for
Nebraska’s aged persons and
adults who have disabilities.

What is Choices?

Life on Your Own Terms...

Choices is a Nebraska service that helps you decide where and how you want to live.

It's a service especially for aged persons, and adults with disabilities.

A Choices coordinator can provide information and advice to help you decide about:

1. Living in your own home, with assistance from people who provide services. For example, you might need someone to:

- Drive you to medical appointments
- Help with medication and therapy
- Housecleaning and other chores
- Help with eating, dressing, bathing and toileting
- Help with cooking
- Help with laundry

Or...

2. Living in an "assisted living" facility where residents enjoy:

- A private room
- A homelike setting
- Staff to assist with meals, cleaning, laundry, medication, bathing, etc.

Or...

3. Living in a nursing facility where skilled staff provides the care and support you need.

What else does the Service Coordinator or Care Manager do?

They will:

- Provide a thorough and personal evaluation of you needs, resources, and family support.
- Explore services available to meet your needs.
- Assist in finding ways to help you pay for the services.
- Help arrange for the services.
- Stay in contact to help as your needs change.

How can I keep my independence?

The goal of the **Choices** program is to support your desires for dignity, and independence.

You decide what is best.

Will my family be involved?

Family involvement is welcome. However, the final decision about who is involved and what they do is up to you.

Many family members want to help but aren't sure what to do. Others live far away. They worry about the older person and can't help in the way that they would like to. With the permission of the client, the **Choices** Coordinator can provide information and assistance to them also.

How much does Choices cost?

Assistance from a **Choices** Coordinator is at low cost, or no cost to you. The coordinator will also explain how other services, including an assisted apartment can be paid for.

Participation in the **Choices** program is voluntary and confidential. Final decisions about care and living arrangements are up to you.

The Choice is yours!

Choices Coordinators are ready to assist you. They are familiar with a variety of services and support available in your community

You will remain in control of all decisions for services and assistance.

Choices can be the key to your independence!

Contact a **Choices** coordinator at an Area Agency on Aging near you.

These professionals:

- Can evaluate your needs
- Understand programs and services
- Can develop a plan that is realistic for you
- Are on your team